

Welcome to the City of Goodyear Aquatics Summer Swim Team

Goodyear Pool
430 E. Loma Linda Blvd
Goodyear, AZ 85338
(623) 932-4809

Recreation Office
3075 N. Litchfield Road
Goodyear, AZ 85395
(623) 882-7525

The Goodyear Sharks 2016 Swim Team Packet



Welcome to the Goodyear Sharks Swim Team! The information contained in this packet will introduce you the Goodyear Sharks Team and the Mar-West League. Please read this entire team packet before starting practice. We look forward to working with your swimmer and family throughout this new season!

General Information

Goodyear Sharks Swim Team is a seasonal recreation swimming program for ages 4 to 18 years old. Participants should be familiar with all four competitive strokes (Freestyle, Backstroke, Breaststroke and Butterfly) and should be able to swim at least 25 yards without assistance. Practices are held Monday thru Friday, except on holidays and swim meet days. This program focuses on a fun competitive swimming environment with lots of hard work.

Prices:

Resident Fee: \$59.00
Non-Resident Fee: \$79.00
Online Registration Discount: \$10.00
Sibling discount \$5.00 (siblings must also be registering for Swim Team to get the discount.)

Practices Times and Guidelines:

Due to the high number of swimmers and limited pool space ALL swimmers are required to swim with their age group unless notified otherwise by the head coach. Attendance will begin 10 minutes before the scheduled practice time. Swimmers will not be able to enter the water until both the coaches and lifeguards are present. No practices May 30th.

Reminders: No practices held on Memorial Day, Monday, May 30th. Once meets begin, there will be no Thursday morning practices. Friday morning practices are for ages 9 and Up only, unless notified otherwise by head coach.

May 16th – May 27th (Afternoon practices)

3:30 - 4:15 PM (4 - 6 yrs)
4:30 - 5:30 PM (7 - 8 yrs)
5:30 - 6:30 PM (9 - 10 yrs)
6:30 - 7:30 PM (11 - 18 yrs)

May 31st - July 15th (Morning practices)

6:30 - 7:30 AM (11 – 18 yrs)
7:30 - 8:30 AM (9 – 10 yrs)
8:30 - 9:30 AM (7 – 8 yrs)
9:30 – 10:15 AM 4 – 6 yrs)

What to bring to practice:

- Swim suit
- Cap & goggles
- Reusable water bottle
- Sunscreen
- Flip flops
- Towel

Team Suits:

Team suits are available for purchase but are not mandatory. You may purchase suits during the suit fitting, or online at www.eastvalleysports.com or call East Valley Sports at (480) 832-8172.

Prices: Girls Suit (both Maxi & Diamond Back Styles): \$56.00
Boys Jammers: \$45.00
Boys Racer (Preferred for Dive) \$40.00
All prices includes tax...

East Valley Sports will hold a suit fitting at the Goodyear Pool on the following date:



- Thursday, May 12^h at 5:30 pm, during the parent meeting.
Note: Suits ordered online by midnight May 17th, receive free bulk shipping to the pool by the June 2nd meet. Individual orders placed after 5/17, will be charged shipping, and delivered directly to you. A Fit-Kit will be at the team table during practice starting May 16th.

Cancelled Practice:

Practices may be cancelled due to thunder, lighting, water contamination or injury. If you drop your child off at practice please make sure they know how to get a hold of you to be picked up.

Time Trials:

Time trials are a mock of a regular swim meet. The purpose is to allow swimmers to compete in every event they are capable of swimming. The times recorded are used to seed the swimmer for the first meet and relays. Times will also be recorded at each swim meet to track swimmers progress throughout the season.

Food and Beverage:

Food and beverage is permitted in the Snack Bar Area (bleachers) only! Please restrict consumption to this area only. Note: Glass and smoking is not permitted in any aquatics facility.

Supervision:

Only registered swimmers are allowed into the pool during practices and meets. Parents are encouraged to attend practices to watch their children; however parents and sibling must remain in the bleachers. Parents are responsible for keeping track of any siblings accompanying them. Lifeguards and coaches are not responsible for watching those children not participating in swim team.

Team Communication Mechanisms

Communication of information is an essential element to a successful season. Please do your part by reading this packet in its entirety as well as attending the mandatory parents meeting, reading the team email blasts and checking the team board. Below are the main methods of communication throughout the busy seasons.

- **Coaches** - The coaches are available by appointment or after practice to talk about the season, answer questions, discuss your child's performance and other upcoming events or activities.
- **Team Board** - We will have a team board with important information posted. Please check the board daily for current information.
- **Website** - Please visit www.goodyearaz.gov/rec, navigate to Aquatics, then Swim Team, click on the Registration link to sign in.
- **Emails** - Due to the size of the team the most frequent form of communication will be email. Emails will be sent out weekly regarding information on upcoming events, meets, activities and any other items of importance. A clipboard will be available to sign up for emails, please make sure your email & phone number is updated when registering.
 - The head coach, Alexa, is available at all times at alexacastro.goodyear@gmail.com



Parent Meetings - The Parent Meetings are mandatory! See dates below. Coaches will discuss the upcoming meet schedule, importance of volunteering, practice schedule, Mar-West and give you an opportunity to ask questions about the upcoming season.

- Pre-Season Meeting, Thursday, May 12th at 5:30 pm @ Pool Snack Bar Area (Bleachers)
- Thursday, May 26th at 5:30 pm @ Pool Snack Bar Area (Bleachers)

Problems and Concerns

Most problems or concerns can best be solved at the source. Please approach a coach by appointment, or after practice, to discuss any issues, concerns or problems. You may not interrupt practice to discuss an individual swimmer's problems or concerns. A common communication gap can occur if a parent feels more comfortable discussing a disagreement over coaching philosophy with other parents rather than resolving it directly with the coach. Not only is the problem never solved, but in fact, this approach often creates new problems. Listed below are some guidelines for how a parent should raise difficult issues with a coach:

- Try to keep in mind that you and the coach have the best interest of your child at heart.
- Keep in mind that the coach must balance your perspective of what is best for your child with the needs of the team. Sometimes the interest of an individual may be subordinate to the interest of the team or group.
- If another parent uses you as a sounding board for complaints about a coach's performance or policies, listen empathetically, but encourage the other parent to speak directly to the coach. The coach is ultimately the one who can help resolve the problem.
- After you have spoken to your swim coach and you are not satisfied with the response, you may contact the Pool Manager. If you are still not satisfied, you may contact the Aquatics Coordinator.

From the Coaches

Hello Swimmer!

We are looking forward to meeting all of you and having an awesome summer. Practices will be starting soon! Before you get in the pool, please read through our expectation and rules below. (Parents please read to younger children) Please listen carefully.

1. Swimmers please show up on time, with your swim suits and sunscreen already on.
2. Find your coach and check in with them before you get in the pool.
3. Remember to always listen to your coach and keep your head above water when they are given instructions.
4. We want to keep you all safe, please follow all pool rules and listen to the lifeguards. Do not push each other in the pool, run on the deck or dunk each other under the water.
5. For older swimmers please use proper swimming etiquette of circle swimming and allow others to pass if they tap your foot.
6. Please always have water, goggles, and a swim cap (for girls).
7. Always have a good attitude and work hard at practice. No saying "I can't"
8. Talk with your coach about swimming and ask questions if you don't understand something or if you need help.
9. HAVE FUN!!!

Sportsmanship:

One of our main goals is to teach good sportsmanship which includes:

- Cheering on teammates
- Listen and show respect to swim coaches and staff.
- Shaking hands of competitors
- Respect for self and fellow swimmers.
- Win/lose gracefully
- Be courteous to members of all teams
- Give your best effort at practice & swim meets.



We are the Goodyear Sharks Swim Team. Each Individual's actions reflect the entire team!

Discipline:

When swimmers are misbehaving, not paying attention or displaying a poor attitude the following procedure will be followed:

- 1st – warning to swimmer
- 2nd – Head Coach/parent informed
- 3rd – sent home from meet/practice & finished swimming for the day

For the Parents

Parents are the backbone of our team; they drive the swimmer to practices, activities and meets. They work at all our home and away swim meets and are involved in other matters to support the team. Parents should encourage their swimmer and constantly give positive support. All help, suggestions and support are greatly appreciated by the coaches.

- We want your swimmer to establish a constructive relationship with his or her coach concerning swimming matters. A good relationship between coach and swimmer produces the best results for both the swimmer and the team. When parents interfere with a coaches' opinion as to how the swimmer should train or swim, it can cause considerable confusion for the swimmer. If you have a problem or concern involving your swimmer, please contact the coach immediately after practice. The coaches are the absolute authority in matters of swimming schedules, swimmer development, and participation in meets.
- Always offer encouragements; never lecture your child about a poor race. You will make them feel worse than they already do. Let your swimmers discuss the race with their coach. Always give support and encouragement to do better next time.
- A coach or team can be supported or ruined in the eyes of a swimmer by his parent. Never complain about the number of hours your child puts in each day at practice or the coaching staff. Rather, make them feel that it is worthwhile and that you respect the coaches. Remember, anything worthwhile requires sacrifice.
- New and younger swimmers are most likely to experience inconsistent performances (e.g. times). This inconsistency can be frustrating for parents, coaches and the swimmer alike. Parents and coaches must be patient and permit these youngsters to learn to love the sport.

Expectations/Code of Conduct

As part of the Goodyear Sharks Team all participants, parents, guests & spectators will be expected to follow the Code of Conduct listed below. As well as follow all posted pool rules, cooperate with lifeguards, coaches and pool staff. Please have a positive attitude when attending practices, meets and participating in team activities.

- I understand that the goal of this summer swim league is to support childhood growth and development through swimming – the fundamental techniques will be emphasized, with focus on sportsmanship, teamwork and having fun.
- I understand gossip, use of profane/abusive language or gestures, is considered unsportsmanlike conduct and will not be permitted or tolerated.
- I will make every effort to discuss any concerns or suggestions to a member of the coaching staff or pool management before approaching the Recreation Coordinator, Supervisor or Director. The coaching staff is open to all suggestions and ideas and would love to hear feedback from their parents. Please approach the coaching staff at an appropriate time (not during swim meets or practice).
- I will not coach or instruct the team or any swimmer including my own; at practice or meets (from the stands, deck or any other area) or interfere with the coaches.
- I understand that officials who judge meets are volunteers, who have the best interest of all swimmers in mind. I may not agree with some of the calls or decisions made by an official during the swim meets, and if so, I will direct all questions or concerns to a member of the coaching staff at an appropriate time as not to interfere with the progress of the meet or other swimmers performance
- I understand that participation by my child in swimming is voluntary. Participation in meets & events shall not be forced.
- I understand that coaching staff will make final decisions for relays, finals, and individual races.

Swim Meets

Swim meets are held for the enjoyment of the children. Swim meets teach sportsmanship and discipline while developing their swimming skills. These characteristics combined together result in team spirit; working together for a common goal. Parental support through active participation in meets and events helps to reinforce those life skills. Parents need to be sure to bring water, sunscreen, towels, snacks, chairs and umbrellas for themselves.

What to Expect:

Please plan to arrive at the pool at least 15 minutes before warm-ups begin. This way you have time to find a place to sit, pop up your tent and gather your swimming items. Coaches will call for warm-ups which last anywhere from 15-30 minutes. Shortly after all teams have warmed up the meet should begin. **Please sit in the team area so when coaches and volunteers call for events swimmers are readily available and don't miss their events.**

What to bring:

Swim Meets are usually a couple of hours in the sun. Preparing for meets can sometimes feel like packing for a weekend trip. Listed below are some highly recommended items to bring to a swim meet.

- | | |
|--|---|
| • Swim suit | • Healthy snacks |
| • Swim cap | • Blanket or lawn chairs to sit |
| • Goggles (an extra pair just in case) | • Entertainment items to pass time; cards, games, toys etc. |
| • Towels (more than one is suggested) | • Team Gear |
| • Sun block | • Tent, Tarp, Umbrella (shade) |
| • Water | |

Team Area:

At every meet there will be a designated team area for the Goodyear Sharks, marked by our team banner. Please sit in this area to receive the vital information regarding warm-ups, upcoming events and any other information. **Coaches and volunteers will only go to the team area to call for events.**

Warm-ups and Safety:

Attending warm-ups prior to a meet is highly recommended for everyone. Relays are the first events of every meet. **Swimmers who miss warm ups maybe bumped out of the relay unless a coach is notified beforehand.** Swimmers need this time to stretch and prepare before there races. During warm-ups there will be minimal pool space so please use proper lap swimming etiquette (circle swimming). When entering the pool during warm-ups please use a feet first entry. No diving.

Dual Meets:

Dual meets are held once a week on Thursdays. Every swimmer will have the opportunity to swim each individual event. The league allows for unlimited numbers or heats for individual events.

Specialty Meets:

Specialty meets will be held on Saturdays. These meets include the Relay Festival, the 10 & Under Meet and the 11 & Up Meet. All meets except for the Relay Festival will count for times.

Relays:

Relays will be decided based on swimmers times, then attendance. Coaches will post relays on the Tuesday of each meet week. Swimmers participating in that week's meet need to initial they will be present to participate in the relay. If a swimmer does not initial by the end of practice on Wednesday the swimmer will be replaced with the next fastest swimmer.

Finals:

Only the swimmers that qualify (based on their times from meets & time trials) will be able to swim in finals. You have to swim in 3 regular meets to qualify for finals. Swimmers will be selected for Relay Finals based on their times. Be sure to tell your coach beforehand if there are going to be any schedule conflicts during this time!

Disqualifications:

Competitive swimming, like any other sport, has a set of rules and has officials to enforce these rules. Stroke & Turn Judges stand at the ends or walk the sides of the pool watching the swimmers. If the judge sees a violation he/she will raise their hand to notify the timer that the swimmer has been disqualified (DQ'd). While it can be a great disappointment to a beginning swimmer, a DQ is really no different than a foul in basketball or a penalty in soccer. Obviously DQs should be avoided if possible, but when they happen, DQ's should be viewed as a learning experience. In the back of this packet is an informal summary of the major rules for each stroke, with common infractions that result in DQ's.

Absence:

If your child will not be able to attend a meet, if you will be late, or need to leave early, please let a coach know by the Monday prior to the meet so coaches can make adjustments to the line-up.

Who's Who?

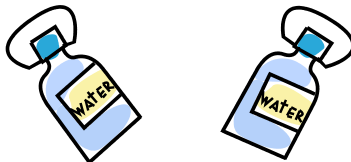
Running a team of this size takes the help of every parent. It takes approximately 40 adults to run a swim meet to ensure a smooth & successful event. Please be assured that no matter what job you volunteer for, you will be able to watch your child swim! The meets will not be able to start until we have enough volunteers. Volunteer training will be provided for each position. A list of volunteer positions along with a brief explanation is included below. Volunteering does not mean you are going to miss your child swimming! You are going to be the closest person to the pool. Coaches will do their best to make sure your child is in the lane you are volunteering in. To volunteer, sign up at the parent meeting on Thursday, May 12th, Thursday, May 26th, or at the Team Table set up during practices.

Positions needed per Swim Meet:

- **(8) Timers** – Use a stop watch to time swimmers in their lane and then report the time to the recorder during home and away meets.
- **(8) Recorders/Ribbon Presenters** - The recorder writes down the time recorded on the lane timing sheet and the ribbon and gives it to the swimmer immediately following their event.
- **(1) Announcer** – The announcer calls out the upcoming events to alert the children for their event and also to make general announcements.
- **(2-4) Stroke/Turn Judge** – Judges Swimmers on their strokes and disqualify swimmers if they complete a stroke or turn incorrectly. Must attend a training class. **This class is scheduled for Saturday, June 4th, 2016 at 8:30 am @ Buckeye Pool.** For more information, see Head Swim Coach.
- **(2) Team area monitors** – Helps monitor the children that have parents volunteering and makes sure that swimmers have their caps, goggles, and other items before being lined up to swim their event.
- **(2-4) Place judges** – Calls out swimmers places as they touch the wall. 1 calls places and the other writes them down.
- **(3) Line runners** – help the coaches gather swimmers before every event and get them to their correct lane. (1 per age group 10 & under only)

Donations:

Please donate one case of water for home swim meets. The water will be given to the volunteers & coaches during the meet



Mar-West League Rules & Regulations

The purpose of this swim league shall be to provide a summer recreation program which teaches skills and training techniques that provide an introduction to competitive swimming.

Eligibility:

- Each coach must certify that each member is a bona fide member of his/her team and meets distance and skill level requirements described herein and the criteria set forth in the paragraph below.
- The age group of a swimmer in the league shall be determined by his or her age as of June 1st of that season.
- Any athlete participating in any swim program outside the Mar-West League for more than 2 weeks during the period of August 1st to May 1st must swim up one age group for the summer season. Exceptions are: All 8 years and under and all 15 years and older.

Swim Meets:

There will be a minimum of five dual meets, one 10 & under, one 11 & Over, one Relay Festival for 11 & Over, and League Finals. These meets are to promote swimming technique and skills to advance league swimmers.

Meet Procedures:

- An unlimited number of heats will be conducted in individual events with the exception of the Individual Medley which shall be limited to two heats. Relays for dual meets will have only one heat. At least two swimmers (may be from same team) are required to run a heat. The starting judge has final authority to cancel a swim heat due to lack of swimmers.
- Swimmers are limited to three events for the 10 & Under meet, 11 & Over Meet, 11 & Over Relay Festival. Event total may be waived at the Relay Festival to ensure all swimmers have an opportunity to swim. Swimmers from different teams may combine to create a relay, at the Relay Festival, when a team does not have enough swimmers.
- Ribbons awarded for Dual Meets will be 1-8th place (1-6 in 6 lane pools) for every heat
- Ribbons shall be financed individually by all the participating teams, and each team will provide ribbons for their assigned lanes at all meets.
- For the relay Festival, ribbons will not be awarded, since up to 11 lanes may be used. Instead each team may choose whether or not to offer some form of recognition to the swimmers after each race.
- Once a swimmer finishes their race, they should remain in the water, and in their lane, until all other swimmers have completed the race.
- Dual meets will start at 5:00 PM with warm-ups from 4:00 to 4:50 PM. 10 and under will swim first and 11 and up will swim at approximately 7:00pm, or at the conclusion of the early session.
- Saturday meets will start at 8:00 am with each team assigned one lane. In a meet with fewer than 8 teams the larger teams may be assigned 2 lanes. Warm-ups shall be permitted from 6:30 to 7:45 am. The last warm-up time will be for the team that is the greatest distance from the site of the meet. .
- Feet first entry shall be enforced during warm-ups. No swimmer may enter the water head first except at the direction of a coach and only into a lane with one way traffic. It is the responsibility of the coach to ensure swimmers are following this directive.

Timing:

Each team believes that swimming is a personal development program. Swimmers should learn that they are really competing against themselves. The teams agree to conduct a minimum of three or more timing sessions during the season prior to finals. This can include practice and dual meets. The results of each timing session shall be recorded, maintained and given to each swimmer to show progress in each event. Finals will be timed.

Finals:

- Medals will be awarded to 1st – 4th place in all individual events, and for 1st - 3rd place for relays. Ribbons will be awarded to the next 12 finishers in each age category according to their finish placement.
- Trophies will be awarded to the high point 1st, 2nd, 3rd and 4th place swimmer from each age and gender category. High point will be determined for individual events only.
- A swimmer may swim in three individual events, and two relays. A swimmer may swim up an age group in the finals, but must compete in the same age group for all individual events. For relays, a swimmer may swim up an age group and still compete in their appropriate age group for individual events as long as they do not exceed the 5 event limit.
- One male swimmer or more on a relay makes that relay a boy's event.
- A minimum of three swim meets is required to qualify for finals
- A timed final seeding will be used for Individual Finals. Each team is allowed to enter a maximum of four swimmers per event, per age group, and one relay team per event, per age group. Exception is the Individual Medley will be only three entries per team.
- Entries for League Finals must be submitted via Team Manager, to the meet director by the Saturday before Finals.
- Times will be submitted for finals to the hundredth of a second. If no time is given, the swimmer will be entered with NT which will mean no time.
- Teams may remove a swimmer but can't move that swimmer into other events or replace that swimmer with another.

Rules for Stroke/Skill Level:

6 and under: The six and under age group can be disqualified when using the wrong stroke to gain an unfair advantage. They also cannot use the bottom of the pool or the lane lines to gain an unfair advantage. The coach will receive stroke/skill warnings for a swimmer from the first meet on. 6 & under, for safety reasons, can have their heads caught on the backstroke. . This will be done by using a kickboard that is resting against the gutter. The kickboard will be held by a ribbon person.

7 & 8: The 7 & 8 year olds must have their relay starts correct. They also cannot use the bottom or the lane lines to gain an unfair advantage. The coach will receive warnings from the first meet on and will fall under the same classification as in the 6 and under. 8 and under, for safety reasons, can have their heads caught on the backstroke

9 and up: All swimmers 9 and older must have their strokes, turns, starts and relay starts correct. It is the coach's responsibility to instruct the swimmers on correct stroke technique. The correct swimming technique shall be defined by the "National Federation of State High School Associations Rule 8, which is adopted and included herein. All dual meets will be warnings only. All heats in League Finals will be disqualified.

Rules for Distance:

The following will be distances for each age group:

| AGE | DISTANCE |
|-----------|--|
| 6 & Under | 25 yards all individual events 100 yards Freestyle/ Medley Relay |
| 7 & 8 | 25 yards all individual events 100 yards Freestyle/ Medley Relay |
| 9 & 10 | 25 yards Backstroke & Butterfly 50 yards Freestyle & Breaststroke 100 yards Individual Medley 100 yards Medley Relay 200 yards Freestyle Relay |
| 11 & 12 | 50 yards all individual strokes 100 yards Individual Medley 200 yards Freestyle/ Medley Relay |
| 13 & 14 | 50 yards all individual strokes 100 yards Individual Medley 200 yards Freestyle/ Medley Relay |
| 15 & up | 50 yards Butterfly, Backstroke, Breaststroke 100 yards Freestyle 100 yards Individual Medley 200 yards Freestyle/ Medley Relay |

Strokes:

Freestyle – The only way to DQ in Freestyle is to false start (leave before the buzzer), use the bottom or the lane lines to gain an advantage or fail to touch the turn wall with any part of their body.

Backstroke – Swimmers must stay on their back except when executing a turn. Upon rolling to the stomach, the swimmer is allowed only one stroke; they may have as many kicks as needed to reach the wall. Open turns are allowed, as long as the swimmer touches the wall while on their back. For either turn, the swimmer must leave the wall on their back. Some part of the swimmer must touch the wall. Swimmers must finish the race on their back. On the start, the swimmers feet must be completely under water.

Butterfly – Dolphin kick must be used, and arms must be working simultaneously. Turns and finishes must be with a two hand touch at the same time. Hands do not have to be on the same plane. Common mistakes: Flutter kick on the start. Arms alternating, not working in the same plane. Flutter kick while taking a breath. One hand touch on turn or finish. Using a flip turn.

Breaststroke – Arms and feet must be in the same plane. Scissor kick is illegal. The pull may not be brought beyond the hipline. Exception: on the start and turns the swimmer is allowed one long pull, while under water. Elbows must remain underwater. Turns and finishes must be two hands. Common mistakes: Flutter kick while breathing, scissor kick. One hand turns/finishes. Pulling past the hipline. Using a flip turn.

Relays & Individual Medley:

Individual Medley – The order is Butterfly, Backstroke, Breaststroke, and Freestyle. All stroke protocols must be followed. When switching strokes the transition is considered a finish for the stroke being swum. IE. Finish fly and breast with two hands, finish back on back.

Freestyle Relay – Any stroke may be used to complete the race. The only DQ's would come from a swimmer diving in before the current swimmer finishes, not touching the wall on the turn or using the bottom of the pool or lane line to gain an advantage.

Medley Relay-The order is Backstroke, Breaststroke, Butterfly, and Front Crawl. All stroke protocols must be followed.



GOODYEAR SHARKS

2016 Swim Meet Schedule

| Date and Time | Swim Meet | Address |
|--|--|---|
| Thursday, June 2 nd Warm Up @ 4:30 pm | Goodyear @ Lifetime Fitness (AWAY) | 14540 W. McDowell Rd. Goodyear, AZ 85395 |
| Thursday, June 9 th Warm Up @ 4:30 pm | Goodyear @ Wickenburg (AWAY) | 175 E. Swilling Ave. Wickenburg, AZ 85390 |
| Saturday, June 11 th Warm Up @ 7:00 am | 11 and Over Relay Festival: All teams @YMCA | 2919 N. Litchfield Rd. Goodyear, AZ 85395 |
| Thursday, June 16 th Warm Up @ 4:00 pm | Verrado @ Goodyear (HOME) | 430 E. Loma Linda Blvd. Goodyear, AZ 85338 |
| Saturday, June 18 th Warm Up @ 4:00 pm | 10 and Under Meet: Lifetime, Tolleson, YMCA @ Goodyear | 430 E. Loma Linda Blvd. Goodyear, AZ 85338 |
| Thursday, June 23 rd Warm Up @ 4:30 pm | Goodyear @ YMCA (AWAY) | 2919 N. Litchfield Rd. Goodyear, AZ 85395 |
| Saturday, June 25 th Warm Up @ 7:00 am | 11 and Over Meet: All teams @ Buckeye | 207 N. 9 th St. Buckeye, AZ 85326 |
| Thursday, June 30 th Warm Up @ 4:30 pm | Goodyear @ Buckeye (AWAY) | 207 N. 9 th St. Buckeye, AZ 85326 |
| Thursday, July 7 th Warm Up @ 4:00 pm | Litchfield @ Goodyear (HOME) | 430 E. Loma Linda Blvd. Goodyear, AZ 85338 |
| Thursday, June 14 th Warm Up @ 3:30 pm | 11 and Over League Championships: All teams @ Goodyear | 430 E. Loma Linda Blvd. Goodyear, AZ 85338 |
| Saturday, July 16 th Warm Up @ 7:30 am | 10 and Under League Championships: All teams @ Goodyear | 430 E. Loma Linda Blvd. Goodyear, AZ 85338 |

****Please note that finals are only for those swimmers with the top four times in each individual event (butterfly, backstroke, breaststroke, freestyle) and top three times in the individual medley. Each swim meet (excluding the 11 and Over Relay Festival) will provide an opportunity to improve individual times.**

Expectations/Code of Conduct

As part of the Goodyear Sharks Swim/Dive Teams, all participants, parents, guests & spectators will be expected to follow the Code of Conduct listed below. As well as follow all posted pool rules, cooperate with lifeguards, coaches and pool staff. Please have a positive attitude when attending practices, meets and participating in team activities.

- I understand that the goal of this summer Swim/Dive leagues is to support childhood growth and development through Swim/Dive – the fundamental techniques will be emphasized, with focus on sportsmanship, teamwork and having fun.
- I understand gossip, use of profane/abusive language or gestures, is considered unsportsmanlike conduct and will not be permitted or tolerated.
- I will make every effort to discuss any concerns or suggestions with a member of the coaching staff or pool management before approaching the Recreation Coordinator or Supervisor. The coaching staff is open to all suggestions and ideas and would love to hear feedback from their parents. Please approach the coaching staff at an appropriate time (not during Swim/Dive meets or practice).
- I will not coach or instruct the team or any Swimmer/Diver including my own; at practice or meets (from the stands, deck or any other area) or interfere with the coaches.
- I understand that officials who judge meets are volunteers, who have the best interest of all Swimmers/Divers in mind. I may not agree with some of the calls or decisions made by an official during the Swim/Dive meets, and if so, I will direct all questions or concerns to the Head Swim/Dive Coach at an appropriate time, as to not interfere with the progress of the meet or other Swimmer's/Diver's performance
- I understand that participation by my child in Swim/Dive is voluntary. Participation in meets & events shall not be forced.

I understand that coaching staff will make final decisions for Swim: relays, finals, and individual races, Dive: entire season's dive sheets.

I hereby agree and promise to abide by the above Code of Conduct set down by the Goodyear Swim and Dive Program Administrators.

Parent (Print)

Parent (Print)

Parent Signature

Parent Signature

_____, 2016
Date

_____, 2016
Date